



HOW TO LOSE
WEIGHT WHEN
NOTHING ELSE
IS WORKING.



RESET

DID I HEAR YOU SAY THAT ALL THE CRAZY DIETS YOU'VE TRIED AREN'T WORKING?

And that they're making you feel even more miserable than the extra kilograms or pounds you've been trying so hard to lose?

Are you one of those people who has tried just about EVERYTHING under the sun to lose weight?

Are you feeling so frustrated by your weight loss efforts that you want to make a huge bonfire in your backyard and burn all your diet books?

If this sounds like you, then you are in the right place... WELCOME!

We are here to let you know that there is ANOTHER WAY of eating where you can lose the weight without the suffering. Take a deep breath and listen to that again ... you don't have to suffer any more to lose weight!

Hard to believe?

Then close your eyes and try to imagine a way of eating that involves no calorie counting, no restricting, no binging, no starving, no forbidding, no eliminating and no weighing your food!

Can you imagine a way of eating where you can still eat everything (yes, everything) you want to eat while maintaining a positive sense of being in control?

But before we let you in on this amazing GIFT we have to offer you, let's talk about something called the Cephalic Phase Digestive Response or CPDR. Ever heard of it?

Well just in case this is new to you, this is what CPDR is and this is how it works:

CPDR simply put means that the thought, sight and smell of food stimulates gastric secretions in your gut to prepare for the digestion of food even before you have taken your first bite.

What this means for you is that much of the pleasure of eating is derived from your anticipation of the sensations, textures and flavors of food.

In fact, researchers have estimated that as much as 30-40% of your digestive response to a meal is due to CPDR! (that's before you've even taken your first bite!)

The reason being that the way your brain works is that it must experience this pleasure and satisfaction from the thought of food even before eating in order to signal to your body to stimulate digestive juices.

BUT here's the catch... if you eat too fast or absentmindedly, your brain will interpret this culinary experience as unsatisfying and you will therefore be left feeling hungry - even if you have eaten a full meal!

Basically, the more **AWARENESS** and **PRESENCE** you bring to each meal, the **LESS** you'll need to eat.

And vice versa, the less **AWARENESS** and **PRESENCE** you bring to each meal, the **MORE** you'll need to eat.

Isn't that just amazing?
Knew you'd think so!

SO LET'S MOVE ON TO ONE (OF MANY) THINGS YOU CAN DO TO LOSE WEIGHT SUCCESSFULLY WITHOUT THE SUFFERING, SHALL WE?

And just so you know:

- It will only take you 20 minutes at most
- It doesn't cost a cent
- It doesn't require any willpower or motivation
- You will lose weight without changing anything you eat

HERE IT IS. . . INTRODUCING. . .



THE 20 MINUTE MEAL PLAN

The 20-Minute Meal Method means an end to a lifetime of failed dieting and the beginning of a NEW and PLEASURABLE way of eating that you have only ever dreamed of before!

To get started, all you will need to do the 20-Minute Meal every day is....

1. A clock or a timer somewhere in sight
2. A pen
3. A special meal journal

WHAT TO EAT.

EAT. ANYTHING. YOU. WANT.

(Double head-turn!!!) What did you say? Are you serious? Too good to be true! No way!

Yes, dead serious! Read on to find out why...

Remember earlier when we explained about the amazing benefits of CPDR? Well now it's time to take a good look at why weight loss is less about WHAT you eat and more about HOW you eat.

Just in case you didn't believe it the first time, here it is again ... our minds want to experience the **pleasure** of eating (the process) and not just the aftermath of being full (the result).

Just like in other areas of life when you are too focused on the result and forget to smell the roses (or the roast potatoes with sprigs of rosemary) or to feel the grass beneath your bare feet (or the crunch of the balsamic-infused romaine lettuce) or the wind in your hair... you get the picture... you lose out.

Food mirrors life and just as in life we know that the **pleasure is in the process** way more than in the end result, so it is with eating! Which brings us to...

HOW TO EAT.

STARTING WITH YOUR NEXT MEAL, FOLLOW THESE SIMPLE STEPS:

1

- Check the clock before you start your next meal
- Eat your meal at the pace you normally would
- Check the clock at the end of your meal
- Jot down in your special meal journal how much time your entire meal took

(BTW your special meal journal is NOT a food journal. It's NOT about being "bad" or "good". It's about discovering whether you are taking enough time while eating your meal for your stomach to tell you what the right amount of food is for your body).

2

- At your next meal, increase your meal time by 5 minutes more than your last time
- Jot down in your special meal journal how much time your entire meal took, when you started to feel full, your mood and your "aha!" moments

3

- Keep repeating Step #2 with each meal until meals last at least 20 minutes
- Document each day in your special meal journal

4

- Make each meal for the next 7 days a 20-Minute Meal (or longer!)
- Note in your special meal journal at what time during the 20-Minute Meal you feel satisfied and when you tip over to full
- Note in your special meal journal whether you feel uncomfortably full

That's it! Easy as pie. And the word "diet" was not even mentioned once, because it isn't a diet. And the word "calories" was not mentioned either, because there is no calorie counting. So just when you had almost given up all hope... this came along!

EXCITING STUFF!

MOVING ON... BECAUSE REMEMBER IT'S ALL ABOUT THE PROCESS OF EATING NOT THE RESULT!

So now that you know the **20-Minute Meal Method** PROCESS, let's look at how to integrate it in your day-to-day life.

Using **The 20-Minute Meal Method** in your day-to-day life is super simple because:

- No one will know you're doing it (love that!)
- You don't have to miss out on parties or dinners with friends or loved ones
- You don't have to postpone your vacation or travel to accommodate a "diet"
- You don't have to restrict foods you enjoy eating

Voila! Isn't this just about the most amazing thing you have ever heard? We think so too!

**READY TO LEARN MORE ABOUT
WHY DIETS JUST DON'T WORK?**



We've helped women like you learn all about the ins and outs and do's and don'ts of dieting, so they can:

- Look and feel amazing about their bodies and their weight
- Experience more energy, and enjoyment of food, their bodies and their lives
- Feel a profound satisfaction that emanates into all corners of their lives

Would you like to experience these results, too?

Truth is that saying no to crazy dieting and learning to **LISTEN** to what your body needs and to eat with **AWARENESS** and **PRESENCE** is the **KEY** to healthy eating and feeling amazing.

We can help you achieve that, even if nothing else you've tried in the past has worked.

If you're ready to uncover more about why dieting hasn't been working for you, why it's been draining your energy or keeping you from feeling your best self, **[click here to receive more information](#)** about our RESET cleanse.

We'll help you discover which diets you need to forget about and which habits you need to change ... and what to embrace instead.

We'll help you learn how food affects the way you feel, how to attune to your body's unique needs and activate your natural healing potential.

Plus we'll show you how to get crystal clear on a step-by-step plan to look and feel amazing in your body, while kick-starting your weight loss journey ... in 21 days or less!